



**As always, FREE ADMISSION and
there's something for everyone!**

WOMENFEST

A Health & Wellness Event for Women

An exciting day designed to inspire women to live a more balanced, healthier and fulfilled life!

Saturday, April 26, 2014 • 10 am - 3 pm

**Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723**

FEATURING KEYNOTE SPEAKER

Jackie Newgent, RDN, CDN, will present "The Dish on Plant-Centered Eating: Enticing Ideas for Creating Healthful Entrees Without Meat" at 1:30 p.m. Her latest cookbook – *The With or Without Meat Cookbook* – will be available on-site for purchase/author signing. FREE admission! Tickets available on-site for this feature presentation.



90+ EXHIBITORS, FREE HEALTH SCREENINGS AND THESE GREAT SEMINARS:

More Trash, More Treasure • Weigh 2 Go • Lil' Ms. Fix It • Fashion That Flatters • It's Thyme to Boost Your Immunity!

PLUS, Sally McKenney, baking addict and food blogger from **Sally's Baking Addiction** will be on location to sign her new cookbook!

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For more information, call 410.313.5440 or
visit us at www.howardcountyaging.org/womenfest

If you need this information in an alternative format, please contact Maryland Access Point at 410-313-5980 or email map@howardcountymd.gov. If you need accommodations to attend this event, contact MAP at least one week in advance.